



FALL

2023 CATALOG



PATHWAYS
INSTITUTE
for Lifelong Learning



PI PATHWAYS
INSTITUTE®
for Lifelong Learning

*Courses, Excursions, & Service Learning Opportunities
for Adults 55+ in Lancaster County.*

Landis 
Communities
Cultivating Life, Together

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On the Cover

Ms. Mary Bach is a former high school teacher, and now a nationally recognized, independent consumer advocate who is Chair of the AARP Consumer Issues Task Force. She has appeared on numerous local and national television programs and has been interviewed on radio talk shows and newspapers internationally. Join Bach this fall for the course “Looking for Love in all the Wrong Places?” about romance and other current scams.

Welcome & General Information

Dear Lifelong Learners,

This year we experienced a welcome return of life back to (almost) normal, and we're looking forward to what the remainder of the year holds for Pathways Institute for Lifelong Learning®!

As is true every term, we remain committed to offering a learning experience of the highest quality for new and returning participants. In response to feedback from our members and in an effort to provide a better experience for you, we have introduced a new pricing model and a new registration software. We are here to support you as you are adjusting to these changes.

Join us this fall to test your knowledge of Pennsylvania trivia, trek Mt. Everest, experience the power of a Middle Eastern drumming circle, explore the night sky, learn how pretzels are baked, and much more!

We can't wait to welcome you into our community of lifelong learners!

Sincerely,

Anastasia Petrovskaya

and the Pathways Institute Team

Pathways Institute for Lifelong Learning® Mission and Purpose

The mission of Pathways Institute for Lifelong Learning is to foster with persons 55+ a quest for lifelong learning that enriches the mind and spirit to pursue wisdom, service, and understanding.

Established to meaningfully engage the talents and abilities of adults 55+, Pathways Institute for Lifelong Learning recognizes the wealth of resources they have to celebrate, discover, and share. Pathways Institute provides intellectual, cultural, and spiritual opportunities promoting their overall wellness.

Representatives from Messiah Lifeways, Messiah University, and the Brethren in Christ Church collaborated to found this innovative program in 2005 as a learning program of Messiah Lifeways in the Capital Region. It has since grown to include a host site in Lancaster County—Landis Communities—in addition to the original Messiah Lifeways location.

Pathways Institute provides a forum for education and lifelong learning through discussion and sharing in an open and objective environment. All opinions are welcome. Information presented in courses or events is for educational and enrichment purposes only and is not representative of Pathways Institute for Lifelong Learning or Landis Communities.

LANCASTER COUNTY HOSTED BY:



Landis Communities Mission

Following God’s call to creatively serve the diverse needs and interests of older adults by developing opportunities and collaborative relationships.

Registration

Registration begins on August 2. The fall term runs from September 11 - November 17. We are excited to offer in-person courses on-site, excursions, and a selection of evening opportunities to accommodate different schedules and learning needs.

Are you new to Pathways Institute?

ENJOY A FREE COURSE ON US!

If you have not participated in Pathways Institute programs before, you can register for one course free of charge*

**This offer only applies to courses with a \$25 course fee under a non-member option. Subject to availability. The discount will be applied automatically upon checkout for all new participants choosing a non-member registration.*

Membership

Starting this fall, we are introducing a new pricing structure, which includes a membership option. This change was made in response to members’ concerns for flexibility and fairness and in an effort to add more value to the Pathways Institute membership.

Membership is \$35 per term for community members and \$20 per term for Landis Communities residents, affiliates and partners, including *Landis Homes Residents, Steeple View Lofts Residents, Friends Life Care Continuing Care at Home (CCaH) Members, Mountain View Terrace Residents, Welsh Mountain Home Residents, Landis Place on King Residents, and Lancaster Downtowners.*

Membership is not required to participate in Pathways Institute courses. However, members will receive various benefits, as outlined above.

Membership Benefits

- Reduced course fees
- No cancelation fee if dropping a course
- Priority access to courses (starting Spring 2024)
- Guest access, allowing you to bring a friend to one 1-2 session course once a term, free of charge
- Access to overnight trips offered by Life Enrichment at Landis Homes
- 10% discount at dining facilities on the Landis Homes campus
- Access to service learning opportunities
- Priority access to special events sponsored by Pathways Institute and our partner organizations

Course Fees

Each course has a fee, which is listed in the catalog under each course description. Please note that the fees for members are reduced. Some courses have additional costs (for supplies, admission, etc.) which are noted in the course description.

Course Fees	Member	Non-Member
1-2 SESSION COURSE	\$11	\$25
3-4 SESSION COURSE	\$16	\$30
5-6 SESSION COURSE	\$21	\$35
EXCURSION FEE*	\$15	\$29

*Additional costs may apply for admission, transportation, etc.

To guarantee your spot in a course, all fees must be prepaid before the start of the course. For excursions and offsite opportunities, the fees must be paid two weeks prior to the day of the event.



Purchase Protection

We are pleased to offer you the option of Purchase Protection starting this fall, through the new registration software provider Regpack. If a participant has chosen Purchase Protection and is unable to attend a completely paid course(s) due to a covered circumstance, the course fees will be reimbursed.

Each participant will have an option to select Purchase Protection when registering for courses **as long as they are paying by credit card**. This protection fee is not refundable.

If you choose not to purchase the Protection Plan, our refund policy will apply. For more details on the Purchase Protection Plan and Refund Policy see the FAQs page on our website.

Contact Us

If you have any questions, please contact the Pathways Institute office:

**PATHWAYS INSTITUTE FOR
LIFELONG LEARNING®**

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Courses-at-a-Glance

FALL 2023

CMR = Crossings Meeting Room, 2nd floor (Crossings) at Landis Homes

HFA = High Foundation Auditorium (Crossings) at Landis Homes

OHB = Owl Hill Bistro (Crossings) at Landis Homes

WCR = West Community Room (Westview) at Landis Homes

Day of Week	Date	Time	Course Code & Title	Location	Page #
M	9/11	1:00 PM	LH110 The Robber Barons (Session 1 of 6)	CMR	10
T	9/12	9:30 AM	LH301 The Tour of Eastland Alpacas Farm (Excursion)	Mt. Joy, PA	21
M	9/18	10:00 AM	LH111 "Rap's Rap" - The Life & Times of Rap Dixon	CMR	11
M	9/18	1:00 PM	LH110 The Robber Barons (Session 2 of 6)	CMR	10
T	9/19	8:45 AM	LH302 Herr's Snack Factory Tour (Excursion)	Nottingham, PA	22
W	9/20	10:00 AM	LH112 Pennsylvania's Governors Residences	CMR	11
W	9/20	1:00 PM	LH101 Interview with Somali Refugee Sammi Muya	CMR	7
TH	9/21	1:30 PM	LH128 Living in the Land of What Is	HFA	16
F	9/22	9:30 AM	LH127 Establishing the Text of the New Testament	HFA	16
F	9/22	1:00 PM	LH113 Great Scot! Getting to Know David Livingstone	HFA	11
M	9/25	10:30 AM	LH106 A Short History of Opera (Session 1 of 2)	HFA	9
M	9/25	1:00 PM	LH110 The Robber Barons (Session 3 of 6)	CMR	10
T	9/26	10:00 AM	LH123 Through the Looking Glass (Session 1 of 2)	CMR	15
T	9/26	1:30 PM	LH107 The Art of Middle Eastern Dance and Drumming Circle	HFA	9
W	9/27	10:00 AM	LH102 The Impact of Mass Incarceration on Communities	HFA	7
W	9/27	6:00 PM	LH201 Movie Night "12 Angry Men"	HFA	19
TH	9/28	10:00 AM	LH124 The Worlds of Mt. Everest	HFA	15
TH	9/28	1:00 PM	LH125 Fall Wildflowers	HFA	16
M	10/2	10:30 AM	LH106 A Short History of Opera (Session 2 of 2)	HFA	9
M	10/2	1:00 PM	LH110 The Robber Barons (Session 4 of 6)	CMR	10
T	10/3	10:00 AM	LH123 Through the Looking Glass (Session 2 of 2)	CMR	15
T	10/3	5:00 PM	LH202 Taste-full Cooking	OHB	19

Courses-at-a-Glance

FALL 2023

Day of Week	Date	Time	Course Code & Title	Location	Page #
W	10/4	10:00 AM	LH126 A Look in the Night Sky	HFA	16
W	10/4	1:00 PM	LH108 Great Places to Visit in North America (Session 1 of 2)	HFA	10
TH	10/5	12:30 PM	LH303 Introduction to Pickleball (Session 1 of 4)	Universal Athletic Club	22
TH	10/5	1:30 PM	LH114 The Iraq War: A Twenty-Year Perspective	CMR	12
M	10/9	1:00 PM	LH110 The Robber Barons (Session 5 of 6)	CMR	10
T	10/10	10:00 AM	LH103 Understanding the Supreme Court	HFA	8
T	10/10	1:00 PM	LH115 Racial Lynching in American History	HFA	12
W	10/11	1:00 PM	LH108 Great Places to Visit in North America (Session 2 of 2)	HFA	10
TH	10/12	12:00 PM	LH304 Amish Meal and Learn (Excursion)	Leola, PA	22
TH	10/12	12:30 PM	LH303 Introduction to Pickleball (Session 2 of 4)	Universal Athletic Club	22
F	10/13	10:00 AM	LH129 Thru-Hiking the Appalachian Trail	HFA	17
TH	10/19	9:20 AM	LH305 Anabaptists in the Susquehanna Valley (Excursion)	Etown College, PA	23
TH	10/19	12:30 PM	LH303 Introduction to Pickleball (Session 3 of 4)	Universal Athletic Club	22
F	10/20	10:00 AM	LH104 What I Learned At the Southern Border	HFA	8
M	10/23	10:30 AM	LH116 Pennsylvania Trivia: Fun Facts from A to Z	HFA	13
M	10/23	1:00 PM	LH110 The Robber Barons (Session 6 of 6)	CMR	10
T	10/24	10:00 AM	LH117 The 1925 Scopes Trial	HFA	13
T	10/24	1:00 PM	LH122 Short Story Course (Session 1 of 3)	CMR	14
W	10/25	1:30 PM	LH118 How Did We Get Classic Toys? (Session 1 of 2)	HFA	13
TH	10/26	12:30 PM	LH303 Introduction to Pickleball (Session 4 of 4)	Universal Athletic Club	22
TH	10/26	1:00 PM	LH109 An Informal History of Rock & Roll (Session 1 of 4)	HFA	10
TH	10/26	6:00 PM	LH203 Paint Night	HFA	20
T	10/31	1:00 PM	LH122 Short Story Course (Session 2 of 3)	CMR	14

Courses-at-a-Glance

FALL 2023

Day of Week	Date	Time	Course Code & Title	Location	Page #
W	11/1	1:30 PM	LH118 How Did We Get Classic Toys? (Session 2 of 2)	HFA	13
TH	11/2	10:30 AM	LH130 Looking for Love in All the Wrong Places	HFA	17
TH	11/2	1:00 PM	LH109 An Informal History of Rock & Roll (Session 2 of 4)	HFA	10
F	11/3	10:00 AM	LH131 Beautiful Beeswax and Other Products from the Hive!	WCR	18
F	11/3	1:00 PM	LH105 The War in Ukraine	HFA	8
W	11/8	6:00 PM	LH204 Movie Night "Kramer vs. Kramer"	HFA	20
TH	11/9	1:00 PM	LH109 An Informal History of Rock & Roll (Session 3 of 4)	HFA	10
F	11/10	10:00 AM	LH120 The Leadership Genius of Abraham Lincoln (Session 1 of 2)	HFA	14
F	11/10	2:00 PM	LH119 A Survey of the Totality of the Jewish Experience (Session 1 of 2)	HFA	14
T	11/14	1:00 PM	LH122 Short Story Course (Session 3 of 3)	CMR	14
W	11/15	10:00 AM	LH132 "Rightsizing"	HFA	18
TH	11/16	10:00 AM	LH121 The Life of Lydia Hamilton Smith	HFA	14
TH	11/16	1:00 PM	LH109 An Informal History of Rock & Roll (Session 4 of 4)	HFA	10
F	11/17	10:00 AM	LH120 The Leadership Genius of Abraham Lincoln (Session 2 of 2)	HFA	14
F	11/17	2:00 PM	LH119 A Survey of the Totality of the Jewish Experience (Session 2 of 2)	HFA	14

On-Site Courses

The on-site courses take place at various locations on the Landis Homes Campus.

Please see **“Location”** under each course listing to know where it will take place.

Contemporary Issues

LH101

INTERVIEW WITH SOMALI REFUGEE SAMMI MUYA

Wednesday, September 20 | 1:00 - 2:00 pm

Description: Donald Sensenig will interview Sammi Muya to elicit his gripping story. Muya grew up in rural southern Somalia as a tribal Bantu Christian minority. With the help of a Muslim friend, he escaped threats on his life as violence engulfed his country. Muya resettled in Lancaster as a refugee, with his wife and their five children. He now is a resource to the African refugee community, utilizing his fluency in Swahili and English.

Instructor: Mr. Donald Sensenig grew up in Akron, PA. After graduating from Eastern Mennonite University, he studied at New York University, while serving as Voluntary Service Unit leader in New York City. His family then spent 10 years in mission in Vietnam, from 1963-1973. Sensenig directed a refugee resettlement program with Mennonite Central Committee from 1975-1990 and interacted with refugees and resettlement agencies in Thailand from 1991-1993. He co-pastored Stumptown Mennonite Church 1994-2003, then semi-retired, but continues to interpret for Vietnamese people daily, in many settings.

Location: Crossings Meeting Room (2nd floor, Crossings) at Landis Homes

Enrollment Limit: 45

Fee: \$11 member/\$25 non-member

LH102

THE IMPACT OF MASS INCARCERATION ON COMMUNITIES

Wednesday, September 27 | 10:00 - 11:00 am

Description: Mass incarceration impacts all of us. Together, we will hear about the impacts of mass imprisonment and what it means to intervene in the cycle of violence that reflects an Anabaptist theology based on our understanding of peacemaking and restorative justice.

Instructor: Ms. Lorraine Stutzman Amstutz is the Denominational Minister for Peace and Justice for Mennonite Church USA and was previously Coordinator of Mennonite Central Committee's (MCC) Restorative Justice Program for more than 25 years. She also co-taught the Restorative Justice course at Eastern Mennonite University's Summer Peacebuilding Institute for almost 20 years. She has co-authored "The Little Book of Restorative Discipline for Schools" and "What Will Happen to Me? Every Night, Approximately Three Million Children Go To Bed with A Parent In Prison or Jail." Additionally, she authored the "Little Book of Victim Offender Conferencing."

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

LH103

MAY IT PLEASE THE COURT: UNDERSTANDING THE SUPREME COURT

Tuesday, October 10 | 10:00 - 11:30 am

Description: In the U.S., most policy questions turn into legal questions, and most of these can be resolved only by the Supreme Court. That Court is now the subject of numerous federal laws and customs. It is also under increasing scrutiny for lack of transparency and arguably unethical conduct by several members. The Court's most important role is to apply the Constitution, but it also deals with many technical matters of federal law. This course will focus on the nuts and bolts of the Court's actions, essentially a who, what, where, when, why, and how analysis.

Instructor: Professor Robert Power holds degrees from Brown University and Northwestern University School of Law. He taught Constitutional Law for 33 years and has written extensively about the Supreme Court. He retired from Widener Commonwealth Law School, where he served as a Distinguished Professor, the Young Professor of Constitutional Law, and as a dean. Before teaching, he was a trial attorney in government and private law practice.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

LH104

WHAT I LEARNED AT THE SOUTHERN BORDER

Friday, October 20 | 10:00 - 11:30 am

Description: In early May 2022, Joanne Castner visited El Paso, TX, and Juarez, MX, with a group sponsored by the Sisters of Mercy of the Americas and the St. Columban Mission for Justice, Peace, and Ecology. This immersion trip allowed her to see firsthand what is happening with immigration at the U.S.-Mexico border and how individuals and

community advocacy groups are supporting those in need. Castner will share what she learned about the root causes of the immigration crisis, and why people flee their homelands despite danger and uncertainty.

Instructor: Ms. Joanne Castner earned a B.A. in English/Education from SUNY Albany, an M.S., Ed.S. in Counseling and Student Personnel from SUNY Albany, and an M.Ed. in Educational Administration from Millersville University. She completed her first clinical year of family therapy studies at Philadelphia Institute of Family Therapy. She has worked as a family therapist and as a school counselor. Castner is also completing a two-year program in spiritual direction. She and her husband, Tom, live in Lancaster, PA.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

LH105

THE WAR IN UKRAINE: NATO, NUCLEAR THREATS AND NUCLEAR PROLIFERATION

Friday, November 3 | 1:00 - 4:00 pm

Description: This course will describe the historical evolution of the North Atlantic Treaty Organization (NATO) and its goals, strategy and perspectives for worldwide peace and stability. It will also recap key events of the war in Ukraine, threats made by Russian leaders to use tactical nuclear weapons, the response and actions of U.S. and NATO leaders, resulting nuclear proliferation, and conclusions about the possibility that we are on a path toward World War III.

Instructor: Mr. John Ricca served 54 years working for the federal government as a weapons of mass destruction analyst, including 22 on active duty in the U.S. Army. His specialties are nuclear physics and health physics. He has a master's degree and has completed more than two dozen technical courses in biological, chemical, and nuclear sciences. He served two years as a NATO special weapons staff officer. Ricca currently serves as an on-call senior technical advisor to the federal government.



CULTURE, ARTS, AND MUSIC

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

Culture, Arts, and Music

LH106

LIFE ON THE GOLDEN STAGE: A SHORT HISTORY OF OPERA

Monday, September 25 and October 2 | 10:30 am - Noon

Description: Music, drama, song, and spectacle—opera has it all. And behind the curtain lie soaring egos, lurid scandals, and the lurking threat of fiscal and artistic disaster. You don't have to be a die-hard opera fan to enjoy this colorful glimpse into the musical and social history behind the grandest entertainment medium of all time. Highlighting this two-session course will be video excerpts from some of the world's most popular operas, including the passionate "Carmen," the comical "Barber of Seville," and that tragic tale of a "fallen woman" (highlighted by Hollywood in "Pretty Woman"), "La Traviata." Your front-row seat is waiting!

Instructor: Mr. John Maietta is a retired Army officer, lifelong history enthusiast, and long-time member of the Pathways Institute "faculty." In 2014, he received a master's degree in applied history from Shippensburg University. He later taught introductory courses in world history at Shippensburg and York College of Pennsylvania. Out in the community, he is a popular presenter of cultural and historical programs at libraries, retirement communities, and other adult learning venues across the region.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

LH107

THE ART OF MIDDLE EASTERN DANCE AND DRUMMING CIRCLE

Tuesday, September 26 | 1:30 - 3:00 pm

Description: Did you know that Middle Eastern Dance is one of the oldest recorded dances in the world? Come learn about the role of this beautiful art form in Middle Eastern culture and experience the power of a drum circle. No musical experience is necessary! Drums and other musical instruments

will be provided as we engage in a fun, hands-on drum circle together. (You can also simply observe!) You will walk away forever inspired by the beauty of authentic Middle Eastern dance and the powerful drums that accompany it.

Instructor: Dr. Cynthia Saydah Burkhart is a lifelong educator. For 30 years she worked in the field of education serving as a Social Studies teacher and school leader. She received her bachelor's and master's degrees from Allegheny College and a doctorate from Penn State University. Her father is of Middle Eastern descent, which led her to learn and practice the beautiful art of Middle Eastern dance and drumming.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 40

Fee: \$11 member/\$25 non-member

LH108

GREAT PLACES TO VISIT IN NORTH AMERICA

Wednesday, October 4 and 11 | 1:00 - 2:00 pm

Description: As we view pictures of many beautiful, interesting, and historic places in North America (including several that participants may not know much about), Fred Kiemle will tell us about his experiences and what he has learned and enjoyed about each area. Participants will be encouraged to ask questions and share their experiences if/when they visited these areas.

Instructor: Mr. Fred Kiemle is a retired marketing professional whose job and pleasure trips took him to many interesting places throughout the U.S. and Europe. He looks forward to sharing photos, history, and travel experiences with Pathways Institute participants.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

LH109

AN INFORMAL HISTORY OF ROCK & ROLL, PART 1: 1950s - 1960s

Thursday, October 26 and November 2, 9, and 16 | 1:00 - 3:00 pm

Description: In the 1950s, a new sound emerged in popular music, drawing on gospel, jump blues, jazz, boogie-woogie, rhythm and blues, and country music. Teenagers loved it, many adults hated it, but in the end, this quintessential American sound was here to stay. Rock & roll influenced lifestyles, fashion, attitudes, and language. It brought African American and white American teenagers together to enjoy the music and added impetus to the civil rights movements, the late-1960s youth movements, and anti-war protests. We will explore many different musical artists that provided the soundtrack to many of our lives.

Instructor: Dr. Roger Godin taught film and media studies at Franklin & Marshall for more than 10 years and has spent 50 years studying film history and analysis. He also loves all kinds of music, especially rock & roll and the amazing songs of the Great American Songbook. Although Godin's passion for film is widely inclusive, his first love remains the history of Hollywood, and the artistic and creative development of the American Film industry.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$16 member/\$30 non-member

History

LH110

THE ROBBER BARONS: ROCKEFELLER, CARNEGIE, ET AL

Monday, September 11, 18, 25 and October 2, 9, and 23 | 1:00 - 2:00 pm

Description: The presenter will provide a historic story of six industrialists from the Gilded Age who became extremely wealthy in the last half of the 19th and early 20th centuries. While they

sometimes employed questionable ethical and/or moral methods, their success helped build America. The six men presented will be Cornelius Vanderbilt, Andrew Carnegie, Henry Clay Frick, J.P. Morgan, Jay Gould, and John D. Rockefeller.

Instructor: Dr. Robert Frick is a retired educator, with 45 years of experience in the Lampeter-Strasburg School District. Of the 45 years, 42 were as a school administrator with the last 15 as superintendent of schools.

Location: Crossings Meeting Room (2nd floor, Crossings) at Landis Homes

Enrollment Limit: 45

Fee: \$21 member/\$35 non-member

LH111

“RAP’S RAP” - LIFE AND TIMES OF RAP DIXON, NEGRO LEAGUE OUTFIELDER

Monday, September 18 | 10:00 am - Noon

Description: Baseball historian Ted Knorr brings to life the career of Rap Dixon, a Black ballplayer whose place in history is largely forgotten. Knorr, who founded the Negro League Baseball Conference in 1998, shares what he discovered about Dixon and the careers of other Negro League players. A short video of Negro League history is included. Q&A will follow.

Instructor: Mr. Ted Knorr retired from the Commonwealth of Pennsylvania Department of Community & Economic Development in 2011, after a 35-year career in municipal and state government. He is a lifelong baseball fan and has been a member of the Society for American Baseball Research (SABR) since 1979. Knorr has been researching Negro League outfielder Rap Dixon for the past 25 years and has lectured on Dixon in both Kingston, GA, which is his birthplace, and Steelton, PA, where he lived most of his life.

Location: Crossings Meeting Room (2nd floor, Crossings) Landis Homes

Enrollment Limit: 45

Fee: \$11 member/\$25 non-member

LH112

PENNSYLVANIA GOVERNORS’ RESIDENCES FROM THE 17TH TO THE 21ST CENTURY

Wednesday, September 20 | 10:00 am - Noon

Description: From William Penn to Josh Shapiro, Pennsylvania’s governors and their families have lived in a fascinating variety of domiciles, not only in Harrisburg, but throughout Pennsylvania and even in London, England! This illustrated lecture is an armchair tour of these historic landmarks, from Colonial-era Philadelphia to rental properties in the “new” Capital at Harrisburg on what came to be known as “Governors’ Row,” to the first state-owned executive mansion and “Keystone Hall,” the Front Street abode so disliked it was replaced by a parking lot. Special attention is given to the decades-long effort to build the current Governor’s Residence, completed in 1968.

Instructor: Mr. David Morrison is a published author and frequent lecturer on topics of local history, architecture, and urban affairs. He serves as Executive Director of the Historic Harrisburg Association, which has been promoting historic preservation, urban revitalization, and smart growth since 1973.

Location: Crossings Meeting Room (2nd floor, Crossings) at Landis Homes

Enrollment Limit: 45

Fee: \$11 member/\$25 non-member

LH113

GREAT SCOT! GETTING TO KNOW DAVID LIVINGSTONE

Friday, September 22 | 1:00 pm - 3:00 pm

Description: Who was Dr. David Livingstone—a medical doctor, a missionary, an explorer? Why did he go to Africa, and what did he accomplish there? What was his relationship with Africans, fellow missionaries, and God? We will look at this complex and controversial man, mainly through quotes from his own writings.



HISTORY

Instructor: **Dr. Rich Stuebing** has degrees in engineering and theology and taught in Zambia for 40+ years, mainly at a theological college in Ndola. During his doctoral studies at Gordon-Conwell Theological Seminary, he was able to source numerous original documents that David Livingstone wrote to his family, mission board, and friends.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

LH114

THE IRAQ WAR: A TWENTY-YEAR PERSPECTIVE

Thursday, October 5 | 1:30 - 3:00 pm

Description: In March 2003, U.S. and allied forces launched an invasion of Iraq to oust a tyrannical ruler and remove a credible threat to international peace and security. But initial success on the battlefield gave way to political turmoil, societal trauma, and a festering insurgency that ultimately fueled the rise of ISIS. This course will examine the roots of the Iraq War, its tragic course, and its lingering consequences for Iraq, America, and

the world. In addition, the instructor will share his personal experiences, in 2009, as a military advisor to the new Iraqi government.

Instructor: **Mr. John Maietta**, see the bio on page 9.

Location: Crossings Meeting Room (2nd floor, Crossings) at Landis Homes

Enrollment Limit: 45

Fee: \$11 member/\$25 non-member

LH115

RACIAL LYNCHING IN AMERICAN HISTORY

Tuesday, October 10 | 1:00 - 2:30 pm

Description: Racial violence in the form of lynching and rioting has been an enduring source of controversy and social unrest in American history. Especially in the century following the Civil War and Reconstruction, lynching and race riots were commonplace occurrences. In the era of the Great Black Migration, as more than one million Southern Blacks took flight to states beyond the old Confederacy, lynchings (and race riots) became a fixture of Northern racial relations. Places like Coatesville, PA, experienced lynchings every bit as horrendous as the worst Southern outrages.

Instructor: **Dr. Dennis Downey** is an award-winning author who earned a Ph.D. in U.S. History from Marquette University. Downey is Professor of History Emeritus at Millersville University. His research and teaching specialties cover the history of American violence and American social and cultural history.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

LH116

PENNSYLVANIA TRIVIA: FUN FACTS FROM A TO Z

Monday, October 23 | 10:30 am - Noon

Description: Test your knowledge of Pennsylvania trivia, as we explore a wealth of fascinating, fun facts from state history to popular culture and current events. Among other things, you'll learn about George Washington's only battlefield surrender, the development of the world's first electronic computer, and the exiled druggist who helped Mozart write his greatest comic operas. Also, you'll find out why Pennsylvania can proudly lay claim to America's first gas station, its oldest human settlement, and its biggest shoe.

Instructor: **Mr. John Maietta**, see the bio on page 9.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

LH117

1925 SCOPES TRIAL: FUNDAMENTALISTS, MODERNISTS, AND ALL

Tuesday, October 24 | 10:00 am - Noon

Description: In the summer of 1925, rookie teacher John Scopes was tried for teaching evolution in a Tennessee high school. Using cartoon images

and pamphlets from the period, this talk shows why teaching evolution was so controversial among traditional Christians, describes how liberal ("modernist") Protestants responded to science, and introduces some alternative perspectives from prominent Christian voices today.

Instructor: **Professor Ted Davis** is Professor Emeritus of the History of Science at Messiah University. Davis' research focuses on the history of Christianity and science. His work is published by academic presses and popular magazines, and he serves as an advisor for exhibits at the National Museum of American History and the Museum of the Bible.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 30

Fee: \$11 member/\$25 non-member

LH118

HOW DID WE GET...? CLASSIC TOYS AND GAMES

**Wednesday, October 25 and November 1 |
1:30 - 3:00 pm**

Description: We will take nostalgic trips down memory lane as we describe the origins of toys and games that kept us entertained as youngsters and beyond, such as the Slinky, BB gun, Flexible Flyer, LEGO, Nerf ball, and more.

Instructor: **Dr. Conrad Stanitski, Ph.D.** in chemistry, received the ACS George C. Pimentel Award in Chemical Education, the CMA Catalyst Award, a national award for Excellence in Chemistry Teaching, and the Gustav Ohaus-National Science Teachers Association Award for Creative Innovations in College Science Teaching. In 2005, he retired as Distinguished Emeritus Professor from the University of Central Arkansas and is currently a Visiting Scholar at Franklin & Marshall College.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 35

Fee: \$11 member/\$25 non-member

LH119

A SURVEY OF THE TOTALITY OF THE JEWISH EXPERIENCE

Friday, November 10 and 17 | 2:00 - 3:30 pm

Description: The lectures, among other topics, will include: what is Judaism, the Jewish connection to Israel, the Messianic idea in Judaism, Christian-Jewish relations both before and after the Holocaust, and the contemporary rise of anti-Semitism.

Instructor: Dr. Jack Fischel has taught for more than 50 years both at Millersville University (36 years) and Messiah University (16 years). He is the author/editor of nine books and hundreds of articles and reviews in prominent periodicals on the topics of the Holocaust and other aspects of contemporary culture and politics. He is also the recipient of the State of Pennsylvania's Excellence in Teaching Award.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

LH120

THE LEADERSHIP GENIUS OF ABRAHAM LINCOLN

Friday, November 10 and 17 | 10:00 am - Noon

Description: Abraham Lincoln invested his life in listening to and learning from the conflicting views of American people. When elected president, he appointed his most capable political rivals to his cabinet, which proved to be his greatest asset in the crisis of slavery and the civil war. Using Doris Kearns Goodwin's exceptional book, "Team of Rivals," the course will examine two moments in Lincoln's presidency to illustrate his masterful leadership and reflect on its lessons for our current political rivalries and ideological conflicts.

Instructor: Dr. Sherwood Lingenfelter served as Professor of Anthropology at SUNY Brockport, Biola University, and Fuller Theological Seminary. He has written numerous books on anthropology and mission. He and his wife, Judith, retired at Landis

Homes in 2019 to be near their son, his wife, and grandchildren who live and work in Lititz.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

LH121

AN UNCOMMON WOMAN: THE LIFE OF LYDIA HAMILTON SMITH

Thursday, November 16 | 10:00 am - Noon

Description: This presentation will introduce attendees to Lydia Hamilton Smith, the capable and beautiful mixed-race woman from Gettysburg who became the intimate partner and confidante of white Lancaster Congressman Thaddeus Stevens during the racial turmoil of 19th century America. The instructor will also share his newly-released biography of Mrs. Smith, "An Uncommon Woman: The Life of Lydia Hamilton Smith" (Penn State University Press, Fall, 2023).

Instructor: Dr. Mark Kelley has taught journalism/mass communications courses at several schools, including Syracuse University and the University of Maine. Prior to that, he was a broadcast news reporter, producer and anchor for 25 years. He is the author of six books, including "Rain of Ruin" (novel, 2011), and most recently, "An Uncommon Woman: The Life of Lydia Hamilton Smith" (biography, 2023). Kelley and his wife, Marty, reside in Lancaster city.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

Literature

LH122

SHORT STORY DISCUSSION: THE LOUISE BARNETT MEMORIAL SERIES

**Tuesday, October 24, 31, and November 14 |
1:00 - 2:00 pm**

Description: In memory of beloved Pathways Institute instructor, Dr. Louise Barnett, this course will continue the tradition she established of short story reading and discussion. The instructors will select a number of short stories for analysis and group discussion. The Fall 2023 Session theme is "Identity and Renewal." Authors explore the sense of self, family, or culture with experiences that define and redefine the characters. This course will encourage the participation of all attendees after brief introductory remarks from the session instructor.

Instructors:

Dr. Victoria Ehrhardt is a lifelong educator, focused on literature and expository writing. She is the author of the writing text, "Anthem Critical Thinking and Writing Skills." She works with the College Board and Educational Testing Service on AP and SAT test development. Working her way into retirement, she was most recently an adjunct professor of English at Elizabethtown College.

Dr. Roger Godin, see the bio on page 10.

Dr. Amy Moreno holds degrees in literature from Hamilton College (B.A.) and the University of Delaware (Ph.D.). She taught English at UD, at the University of Caen (France), and at Franklin & Marshall College (F&M). Amy is currently employed as a research contractor and editor on the F&M Global Barometers for Gay & Transgender Rights Project at F&M College.

Location: Crossings Meeting Room (2nd floor, Crossings) at Landis Homes

Enrollment Limit: 20

Fee: \$16 member/\$30 non-member

Nature, Science, and Technology

LH123

THROUGH THE LOOKING GLASS: TRENDS OF TODAY

**Tuesday, September 26 and October 3 |
10:00 - 11:30 am**

Description: Learn about the trends of today from the what, why, and how of 5G to WEB3.0 to the next big thing to learn about: The Semantic Web (ChatGPT, Bard, and DALL-E), Artificial Intelligence and Machine Learning, Augmented and Virtual Reality, Blockchain or Inrupt Solid. In addition, come learn about the new Social Media, GIFs, Memes, and Portmanteaus. This is the updated version of the course taught in fall 2022.

Instructor: **Ms. Donna Ellenberg** retired as Vice President from a major financial institution after 33 years. She is a CFP Board Emeritus® member. Over her career she has presented seminars to local companies including RCA, Armstrong, IBM, Howmet, GPU-Met Ed, and many others.

Location: Crossings Meeting Room (2nd floor, Crossings) at Landis Homes

Enrollment Limit: 40

Fee: \$11 member/\$25 non-member

LH124

THE WORLDS OF MT. EVEREST

Thursday, September 28 | 10:00 - 11:30 am

Description: Kent Kroehler's trek to Everest Base Camp in Nepal was physically challenging, spiritually expansive, and a delight with his three grandsons. Part travelogue, part photography, his presentation will engage themes of trekking, world religions, family interchange, spiritual growth, and the wonder of God's magnificent creation.

Instructor: **Dr. Kent Kroehler** is a retired United Methodist clergy. In retirement, he enjoys global travel with his wife, son, and grandsons. In 2019, he and a grandson summited Mt. Kilimanjaro in Tanzania. In May - June 2023, he and his three grandsons trekked to Everest Base Camp in Nepal. His passions in his "fourth quarter" of life include: encouraging extravagant generosity, adding "heart" to Lancaster's prison, making music in two choirs, serving as Judge of Elections, and more.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

LH125

FALL WILDFLOWERS

Thursday, September 28 | 1:00 - 3:00 pm

Description: This presentation will include a look at 30 to 40 wildflower specimens freshly picked from the presenters' farm, garden, meadow, fence rows, riparian area, and woodland. We will cover ecological niches, pollination, fertilization, seed development, edibility, and dispersal mechanisms. As we work, Elaine Good will arrange the wildflowers in a bouquet.

Instructors: Mr. and Mrs. Leon and Elaine Good enjoy sharing their passion and knowledge of nature with others. Leon is a retired farmer and high school biology teacher, and amateur naturalist. His wife, Elaine, is a retired teacher, quilter, and author of four children's books.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 25

Fee: \$11 member/\$25 non-member

LH126

A LOOK AT THE NIGHT SKY

Wednesday, October 4 | 10:00 am - Noon

Description: Using a planetarium program, we will explore the night sky anywhere in the world. We also will cover how early people mapped the stars and cataloged them with names we still use. As a bonus, you will hear a heart-warming story of the instructor's experience of being accepted into an Amish family circle after the tragic death of one of their own in the crash of Trans World Airlines (TWA) 800 in July of 1996.

Instructor: Mr. Lou Thieblemont has always been fascinated by the sky. He worked for 37 years as a commercial airline pilot, first for TWA, and then for American Airlines when the two carriers merged. Since 2006, Thieblemont has been a presenter on a series of lectures on topics as diverse as astronomy, aviation, Antarctic exploration, and more.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

Religion

LH127

ESTABLISHING THE TEXT OF THE NEW TESTAMENT

Friday, September 22 | 9:30 am - Noon

Description: How do translators of the New Testament determine the original text when we have hundreds of Greek manuscripts that do not always agree? Scribes sometimes made mistakes due to poor eyesight or hearing—or even tried to “improve” the text. So, does the footnote “other ancient manuscripts say ...” affect any major Christian doctrines? We will describe the decision-making process and discuss a number of interesting examples. Have no fear, though—Greek words will be transliterated into English! Participants are invited to ask about passages where the text is uncertain.

Instructor: Dr. Rich Stuebing has training in both engineering (Cornell University) and theology (Gordon-Conwell Theological Seminary). He also lived in Zambia from 1970 to 2010, first teaching high school math with the Zambian government and then lecturing at a theological college, including African Church History and New Testament Exegesis.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

Wellness and Lifestyle

LH128

LIVING IN THE LAND OF WHAT IS

Thursday, September 21 | 1:30 - 2:30 pm

Description: Through their own stories of suffering, Jenny and her son Ryan will be issuing an invitation to inhabit our lives as they are. To not escape what



WELLNESS AND LIFESTYLE

is, deny what is, run from, hide from, or numb what is, but to be with it. To be with and even bless the painful parts that come.

This is a way of saying “yes” to whatever and whoever is there. It is a gift of presence to that which has walked through our door, bidden or not.

Instructors:

Mrs. Jenny Gehman is a freelance writer, retreat facilitator and spiritual director. For nine years, she served as the founding director of LiveWell!Ministries, inviting others to live and live well, even in places of suffering.

Her son, **Mr. Ryan Gehman**, serves as a Wellness Assistant at Landis Homes. He is a well-awarded runner who is passionate about championing the neurodiverse community of which he is a part.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

LH129

THRU-HIKING THE APPALACHIAN TRAIL

Friday, October 13 | 10:00 - 11:30 am

Description: In 2010 at the age of 63, with the encouragement of his wife and daughters, Larry Burkhart “thru-hiked” the 2,179 miles of the Appalachian Trail from Georgia to Maine, which was a life-long dream. As “The Gray Wanderer” (Burkhart’s trail name), he learned that “You have to walk through rain and pain to get to Maine.” Burkhart will share the story of this five-month journey.

Instructor: Dr. Larry Burkhart worked as an educator for 43 years. He earned degrees from Millersville University, the University of Virginia, and Lehigh University, as well as educational letters of certification from the University of Pennsylvania. Burkhart and his wife, Cindy, have hiked in many places including Austria, Germany, Norway, Morocco, New Zealand, Australia, England, Peru, Iceland, and the American West. They have two daughters and live in Lancaster.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

LH130

LOOKING FOR LOVE IN ALL THE WRONG PLACES? (COVER STORY)

Thursday, November 2 | 10:00 am - Noon

Description: Adults of all ages are going online in hopes of finding friendship, companionship, and even lasting love! Seeking romantic bliss online can have a major downside: cyberspace is full of scammers eager to take advantage of lonely hearts, and their ranks are growing. The criminals are actually looking for money—YOUR MONEY! Join Mary Bach for this educational session about romance and other current scams, and hear from an invited guest about what actually happened to her and her love interest. Know what to watch for so you don't become a victim. Remember, if you can spot a scam, you can stop a scam!

Instructor: **Ms. Mary Bach** is a former high school teacher, and now a nationally recognized, independent consumer advocate who is Chair of the AARP Consumer Issues Task Force. She has appeared on numerous local and national television programs and has been interviewed on radio talk shows and newspapers internationally.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

LH131

BEAUTIFUL BEESWAX AND OTHER PRODUCTS FROM THE HIVE!

Friday, November 3 | 10:00 am - Noon

Description: Explore the many items that can be made with beeswax. Learn to make rolled beeswax candles. Make your own set of beeswax food and container covers. These wax-infused wrappers are the perfect natural, reusable replacement for plastic wrap in your kitchen. Enjoy these natural ecological products yourself or give them as beautiful handmade gifts.

Instructors:

Ms. Joyce Wilder has been a beekeeper for many years. She is a retired educator from the PA Department of Education. She is also an active member of the York County Beekeepers Association and the PA State Beekeepers Association.

Ms. Linda Henkel is a lifetime crafter. She has made

many different crafts, sold at local craft fairs, as well as donated items to nonprofit groups.

Location: West Community Room (Westview) at Landis Homes

Enrollment Limit: 18

Fee: \$29 member/\$43 non-member

LH132

“RIGHTSIZING”: CUSTOMIZING YOUR LIFESTYLE TO ALIGN WITH YOUR VALUES AND LIVING SPACE

Wednesday, November 15 | 10:00 am - 11:30 am

Description: The term downsizing often comes with negative undertones, implying that one must let go, leaving memories behind. “Rightsizing” is a fresh and creative approach to best utilize your space. Enjoy rethinking, decluttering, and the freedom that comes with rightsizing. This course provides tips for space planning, organization, and moving in the direction that feels “right” for you.

Instructors:

Ms. Kim Dyer is a graduate of Eastern Mennonite University and spent 16 years working with young adult programming with Mennonite Central Committee. She also spent one year teaching at Lancaster Mennonite School. She is the Graceful Transitions Coordinator for Landis at Home. Graceful Transitions provides home organization, moving, and downsizing support. Dyer enjoys home staging, refreshing current spaces, and spending time helping others.

Mr. Richard Bernhardt is a part of the Graceful Transitions team at Landis Communities. Prior to joining the team, he served as Head of School at Lititz Christian School and as an educator for the Warwick School District. In 2022, he launched an interior and space design service from the beautiful town of Lititz, where he and his wife reside. Rick believes there is no greater gift than serving others.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

Evening Opportunities

LH201

MOVIE NIGHT: “12 ANGRY MEN”

Wednesday, September 27 | 6:00 - 8:30 pm

Description: Please join us for the inaugural season of Pathways Institute Movie Nights with “Riveting Courtroom Dramas.” The film “12 Angry Men” will be briefly introduced with hints on what to look for during the screening. Then, we will watch the film together. Finally, we will conclude the night with a brief discussion of the film, examining its qualities as a work of film art and the issues it portrays.

Instructor: Dr. Roger Godin see the bio on page 10.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member



LH202

TASTE-FULL COOKING

Tuesday, October 3 | 5:00 - 7:00 pm

Description: Learn how to make a delicious Power Bowl with quinoa, roasted salted beets, apples, walnuts, avocado, sweet potatoes, wilted kale, and chimichurri marinated skirt steak in this hands-on class.

Instructor: Mr. Tate Morgan is Campus-System Executive Chef for Unidine at Landis Homes, where he shares his wide range of culinary knowledge to enrich the lives of residents. In the past, he worked as the Director-Executive Chef in Washington, D.C., with Bank of America Executive Dining Rooms, and was Executive Chef at the Headquarters for Hershey Foods.





Location: Owl Hill Bistro (Crossings) at Landis Homes

Enrollment Limit: 20

Fee: \$31 member/\$45 non-member

LH203

PAINT NIGHT

Thursday, October 26 | 6:00 - 8:00 pm

Description: Take an evening to immerse yourself in a world of color, laughter, and creativity! Join artist Heather Riley for a guided paint night where we will turn a blank 16x20 inch canvas into a work of art. The instructor will supply you with all of the materials, instructions, and guidance to complete your painting.

Instructor: Ms. Heather Riley leads guided Paint Parties for all ages and skill sets, throughout Central PA. She studied art in college and loves learning about all things, experiencing what she can, and creating on her own and with others.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 25

Fee: \$46 member/\$60 non-member

LH204

MOVIE NIGHT: "KRAMER VS. KRAMER"

Wednesday, November 8 | 6:00 - 8:30 pm

Description: Please join us for the inaugural season of Pathways Institute Movie Nights with "Riveting Courtroom Dramas." The film "Kramer vs. Kramer" will be briefly introduced with hints on what to look for during the screening. Then, we will watch the film together. Finally, we will conclude the night with a brief discussion of the film, examining its qualities as a work of film art and the issues it portrays.

Instructor: Dr. Roger Godin, see the bio on page 10.

Location: High Foundation Auditorium (Crossings) at Landis Homes

Enrollment Limit: 65

Fee: \$11 member/\$25 non-member

Off-Site Opportunities & Excursions

Important Information

1. Fees must be paid two weeks prior to the day of the excursion.
2. The **start time** for excursions is the time when the bus will be leaving from Crossings Main Entrance at Landis Homes. The **end time** is the approximate time when the group is expected to return back to Landis Homes.
3. Please contact the Pathways Institute Office if you use medical equipment and/or need any accommodations for your mobility needs.

LH301

THE TOUR OF EASTLAND ALPACAS FARM

Tuesday, September 12 | 9:30 am - Noon

Description: Get a warm hug from nature at Eastland Alpacas farm! When visiting this farm, you will learn about alpacas, see the beautiful products made from their fiber, and pet and feed the animals. Alpacas are very intelligent, gentle, docile, curious, yet timid animals. After the guided tour, you will have an opportunity to visit an on-site farm store stocked with wonderful items made from alpaca fiber.

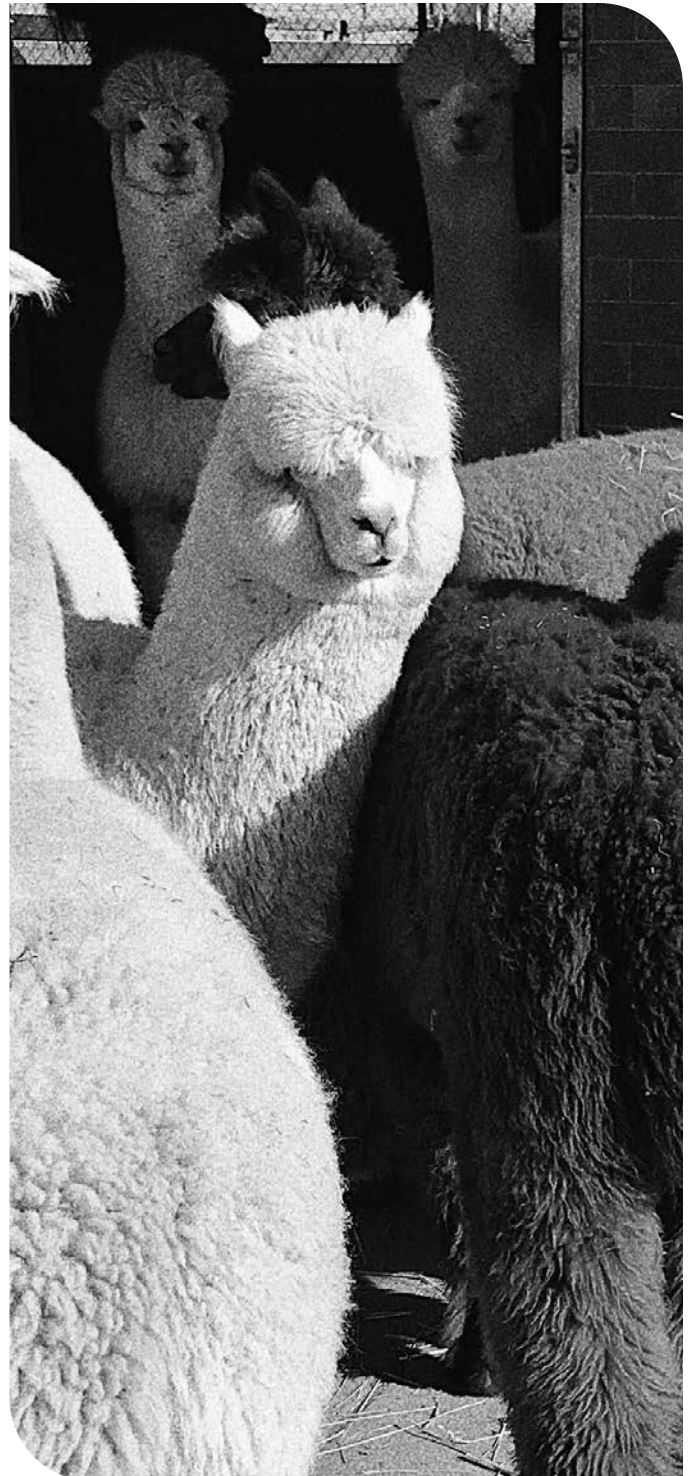
Special Notes: Wear closed-toe shoes. Expect about 1.5 hours of walking and standing.

The tour is **not** ADA-accessible.

Location: The bus will leave for Mount Joy, PA, from Crossings Main Entrance at Landis Homes promptly at 9:30 am.

Enrollment Limit: 27

Fees: \$33 member/\$47 non-member (includes transportation and admission)



LH302

HERR'S SNACK FACTORY TOUR

Tuesday, September 19 | 8:45 am - 1:00 pm

Description: Experience the Herr's Snack Factory Tour to see exactly how Herr's makes snack foods, with the actual workers, equipment and methods that produce tasty treats. Everyone will enjoy a fresh sample of chips, served warm from the production line, while learning interesting facts like how a pretzel is baked, what makes a great chipping potato, and how tortilla chips get their seasoning.

Special Notes: Wear closed-toe shoes. Expect about 1.5 hours of walking and standing.

The tour is **not** ADA-accessible.

Location: The bus leaves for Nottingham, PA, from Crossings Main Entrance at Landis Homes promptly at 8:45 am.

Enrollment Limit: 20

Fees: \$38 member/\$52 non-member (includes transportation and admission)

LH303

INTRODUCTION TO PICKLEBALL

Thursday, October 5, 12, 19, 26 | 12:30 - 2:00 pm

Description: An additional fee of \$40 is to be paid directly to Universal Athletic Club. If you are eligible for SilverSneakers® your fee may be waived. This course will teach you the basics of the pickleball game, safely designed for older adults. Actual games, using a doubles format, will be played. You will be coached while playing on the court. Balls and paddles will be provided. Pickleball requires less running mobility than tennis.

Special Notes: A tennis-type shoe is required. Please consult your physician before registering for this program.

Instructor: Mrs. Margaret (Peggy) Gerhard has been playing pickleball for 10 years. She is a retired educator and librarian and has teaching experience in this sport. She enjoys sports and sharing her knowledge with others.

Location: Universal Athletic Club, 2323 Oregon Pike, Lancaster, PA, 17601

Enrollment Limit: 10

Fee: \$16 member/\$30 non-member

LH304

AMISH LUNCH-AND-LEARN

Thursday, October 12 | 12:00 - 3:00 pm

Description: This Lunch-and-Learn program will feature a 1:00 pm meal in the Amish home of Liz and Daniel Fisher near Leola, PA. We will be served a hearty, home-cooked meal of homemade bread, beets and pickled vegetables, two meats, mashed potatoes, buttered noodles, home-grown vegetables, and three dessert choices. Before our meal stop, we will pay a short visit to a nearby Amish quilt barn (with an Amish household lighting store on the 2nd floor). After our meal, we will visit a nearby housewares variety store (known locally as the "Amish Walmart") selling products used in Amish homes.

Special Notes: The tour is not ADA-accessible.

Instructor: Dr. Beth Graybill has a Ph.D. in American Studies from the University of Maryland. She is the Pathways Institute Coordinator at Landis





Homes. She has been researching, writing, and tour-guiding with the Amish for the last 15 years.

Location: The bus leaves for Leola from Crossings Main Entrance at Landis Homes promptly at noon.

Enrollment Limit: 28

Fees: \$45 member/\$59 non-member (includes transportation and lunch)

LH305

AN INTRODUCTION TO ANABAPTIST AND PIETIST GROUPS IN THE SUSQUEHANNA VALLEY

Thursday, October 19 | 9:20 am - 12:40 pm

Description: This visit to the Young Center for Anabaptist and Pietist Studies at Elizabethtown College will introduce tour participants to our region's rich heritage of Amish, Brethren, and Mennonite churches. Participants will learn about the origins and distinctive beliefs of these Christian communities, as well as their migration to Pennsylvania and contribution to our religious landscape. Those with little background will come away with a new understanding, and those who are already familiar with these church groups will make new connections and gain a deeper appreciation of this piece of our region's religious heritage.

Special Notes: Light refreshments will be offered on-site. Expect about 1 - 1.5 hours of walking and standing. The tour is ADA-accessible.

Instructors:

Dr. Steven M. Nolt is a senior scholar at the Young Center for Anabaptist and Pietist Studies at Elizabethtown College. He is the author or co-author of 15 books on Mennonite, Amish, and Pennsylvania German history and contemporary life.

Warren Eshbach, D. Min. is an ordained minister, retired pastor, and former District Executive Minister in the Church of the Brethren. As a member of the Elizabethtown College Board of Trustees, Eshbach was among the original group that helped support and found the Young Center for the Study of Anabaptist and Pietist Groups.

Location: The bus leaves for Elizabethtown College from Crossings Main Entrance at Landis Homes promptly at 9:20 am.

Enrollment Limit: 28

Fees: \$35 member/\$49 non-member (includes transportation and light refreshments)

Service Learning Opportunities

There is no fee for service learning opportunities. For more information on the opportunities below, please contact the Pathways Institute office.

LH401

VOLUNTEER WITH CWS TO WELCOME NEW NEIGHBORS

Join Church World Service (CWS) in creating a safe place for our new refugee neighbors to call home. CWS welcomes refugees from around the world through connecting new neighbors to housing, jobs, ESL classes, legal support, and other services. CWS volunteers can get involved in supporting new neighbors in a variety of ways, such as ESL tutoring, transportation support, friendship, neighborhood orientation, providing welcome meals, and more. Volunteers go through an extensive background check process to protect our clients' safety.

Please contact Chloe Corkery at ccorkery@cwsglobal.org to learn more.

LH402

VOLUNTEER WITH PATHWAYS INSTITUTE

Pathways Institute relies upon the expertise, knowledge, and skill of volunteers for many facets of the program. We offer a variety of volunteer opportunities that provide personal enrichment and help enhance the quality of life for program participants. There are various ways to get involved. Serve as a class host, lead groups on excursions, help at events, provide office support, and more.



Opportunities from Partner Organizations

SILVER SADDLES AT GREYSTONE MANOR THERAPEUTIC RIDING CENTER (GMTRC)

Tuesdays, October 3, 10, 17, 24 | 12:00 pm - 2:00 pm

Description: Greystone Manor Therapeutic Riding Center (GMTRC) has created a unique horsemanship program for Pathways Institute participants. Four weekly unmounted horsemanship sessions will allow participants to experience the incredible bond between humans and horses, enhance physical and cognitive stretching and strength, facilitate positive exchange of experiences, and consider future equine opportunities. The sensory nature of the horse is good for the inside and outside of people! The group will be led by PATH-certified instructors. Graduates of the Silver Saddles program will qualify for more advanced horsemanship opportunities at GMTRC. Activities will include a moderate level of exercise. Additional forms will need to be completed to participate in the program, including a release form from your doctor. Information and forms will be sent via email to those on the waitlist, and will be posted on the GMTRC website, www.greystonemanortrc.com. Registration opens in August, but prospective participants can reach out at any time for more information, or to be added to our waitlist.

Location: GMTRC, Leola, PA

Enrollment Limit: 10

Fees: \$200 (to be paid directly to GMTRC)

Contact Information:

Website: www.greystonemanortrc.com

Email: pvassistant.gmtrc@gmail.com

Phone: 717-615-9222





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The background of the lower half of the page is a photograph of a stone building with a large arched window, surrounded by a well-manicured garden with various plants, trees, and a paved walkway. Two people are walking on the path in the foreground. The image has a purple tint overlay.

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